

*Honoring Our Past; Serving Our Tribal Family; Protecting Our Children and Independence; and Controlling Our Future.*



# Dee-ni' Nuu-wee-ya'

## SMITH RIVER RANCHERIA TRIBAL NEWSLETTER

Srch'ee-t'e Num-nii~ma~s (July) 2013 - Volume 20, Issue 7

### 2013-2014 Tribal Council

On Tuesday, May 28, 2013, Secretary Bommelyn swore-in returning elected Council Members **Kara Brundin Miller** and **Dr. Joseph Giovannetti**.

Also at that meeting, 2013 - 2014 Tribal Council Officers were elected by acclimation:

Chairperson: Kara Brundin Miller  
Vice Chairperson: Denise Richards Padgett  
Council Secretary: Loren Me'-lash-ne Bommelyn  
Council Treasurer: Joel Bravo



On Thursday, May 30th, Tribal Council Chairperson Kara Brundin Miller and Vice Chairperson Denise Richards Padgett met with Bureau of Indian Affairs (BIA) Pacific Regional Director Amy Dutschke in Sacramento to sign two acres of property into trust.

*(Pictured left to right: Chairperson Miller, Vice-Chair Padgett, BIA Director Dutschke)*

See page 15 for more statistics from the 2013 General Election

**Dee-ni' Tribal Reunion**  
**July 27**  
See page 9 for information

### ATTENTION: GRADUATES

Calling all graduates! Do you know of any Tribal Member graduating or who has graduated this year from the **8<sup>th</sup> grade, 12th grade or college** level?

If so, please contact Leann Babcock-McCallum at 707-487-9255, ext. 3131 in the Community & Family Services Department.



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**Tribal Offices will be closed  
July 4th, in observance of  
Independence Day**

# July

## \$38,000 BREAK THE BANK!!

**September 29th - Grand Prize Drawing**  
**1 Winner to receive \$25,000 in Cash!!!!**

**Earn Tickets Every Day! July, Aug. & Sept.**

**Drawings for Free Play & Tickets**  
**every Monday, Wednesday & Friday**  
**11am to 8pm**

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## 17 Year Anniversary

**Saturday - July 13th**

**1pm to 7pm Cash Drawings**  
**12pm Free Gifts**  
**11am to 2pm Free BBQ and Cake**  
**(For Carded Players)**

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# Howonquet Lodge

## NOW OPEN!!!!

**For Reservations Call (855) 487- 3777**



**(707)487-7777**

Hwy 101 • Smith River, CA

[www.lucky7casino.com](http://www.lucky7casino.com)

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Management reserves all rights

### 4th of July safety tips

- Have a fire extinguisher available. This way if there was an accidental fire, the fire can be put out quickly.
- Have water buckets and a hose available. This is important in case a fire becomes larger.
- Alcohol is a favorite of many for the holiday celebrations. However, it is important to keep alcohol away from children and animals. There is a risk of alcohol poisoning if consumed by a child or animal.
- Some decorations have smaller parts or dangerous chemicals. If there is going to be small children and animals around, it is important to make sure all decorations are stored away from children and animals.
- When you are disposing of 4th of July decorations and fireworks, make sure they are completely free of heat and fire.
- When setting off fireworks, it is important to make sure the fireworks are a safe distance from children.
- Make sure the area where you are lighting fireworks off is free of bushes, dry grass, trees, streamers, balloons, flammable helium, and other fire hazardous materials.
- Safety includes removing small pieces of balloons, fireworks, and other items that may choke small children.
- Stay away from illegal fireworks. They are illegal due to the increased danger involved with certain types of fireworks. Avoid:

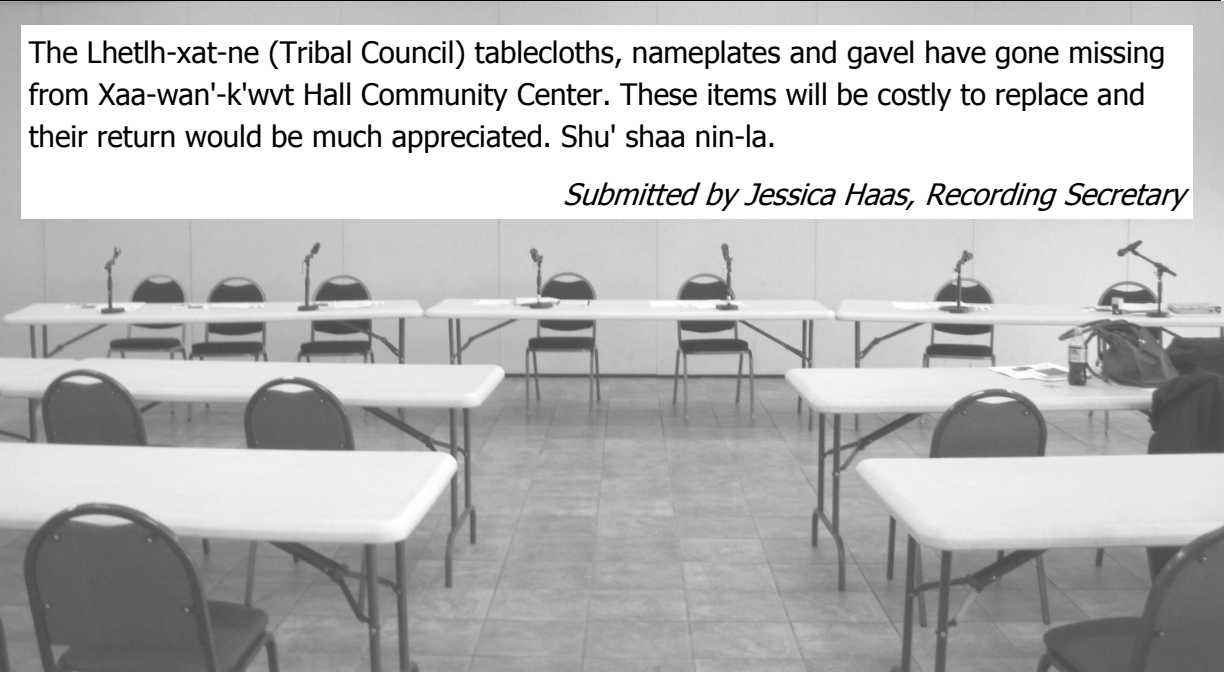
Large re-loadable mortar shells  
 Cherry bombs  
 Ariel bombs  
 M-80 salutes  
 Large firecrackers



Have and Safe and Happy 4th of July!

*Submitted by: Leann Babcock McCallum,  
 Community and Family Services Program Technician*



Lhetlh-xat-ne (Tribal Council)		Waa 'Ee-lee-te (Events)	
<b>Kara Miller</b> Chairperson (707) 218-7723 kmiller@tolowa.com		July 4	Independence Day—Tribal Offices Closed
<b>Denise Padgette</b> Vice Chairperson (707) 218-7719 dpadgette@tolowa.com		July 8	NAGPRA Committee Meeting - 5:00 pm Nii~-li~ Me'-ne', Lucky 7 Casino
<b>Loren Bommelyn</b> Secretary (707) 218-0197 lbommelyn@tolowa.com		July 9	Regular Session Tribal Council Meeting - 6:00 pm Xaa-wan'-k'wvt Hall Community Center
<b>Joel Bravo</b> Treasurer (707) 218-7720 jbravo@tolowa.com		July 11	Wee'-ya' (Language) Committee Meeting - 5:00 pm Nii~-li~ Me'-ne', Lucky 7 Casino
<b>Marian Lopez</b> Member (707) 218-0121		July 12	August Newsletter deadline
<b>Dr. Joseph Giovannetti</b> Member (707) 218-6569 joseph.giovannetti@tolowa.com		July 17	Waa-tr'vslh-'a~ (Culture) Committee Meeting - 5:00 pm Nii~-li~ Me'-ne', Lucky 7 Casino
<b>Lenora Hall</b> Member (707) 951-9345 lenora.hall@tolowa.com		July 18	Fish & Game Committee Meeting - 5:30 pm Nii~-li~ Me'-ne', Lucky 7 Casino
Na'sr-dvtlh-nvsh-dvn (Tribal Office)		July 23	Regular Session Tribal Council Meeting - 6:00 pm Xaa-wan'-k'wvt Hall Community Center
<b>Administrative Assistant</b> , Devon White - (707) 218-0177, <a href="mailto:devon.white@tolowa.com">devon.white@tolowa.com</a> <b>Chief Financial Officer</b> , Hank Shields - (707) 487-9255, ext. 3115, <a href="mailto:hank.shields@tolowa.com">hank.shields@tolowa.com</a> <b>Community &amp; Family Services Director</b> , Dorothy Wait -(707) 218-7346, <a href="mailto:dperry@tolowa.com">dperry@tolowa.com</a> <b>Culture Department Manager</b> , Marva Jones -(707) 218-5934, <a href="mailto:mscott@tolowa.com">mscott@tolowa.com</a> <b>Enrollment Specialist</b> , Theresa Ferrer -(707) 487-9255, ext. 3120, <a href="mailto:theresa.buckskin@tolowa-nsn.gov">theresa.buckskin@tolowa-nsn.gov</a> <b>Grants &amp; Contracts Manager</b> , Cassandra Mitchell -(707) 951-4255, <a href="mailto:cmitchell@tolowa.com">cmitchell@tolowa.com</a> <b>Housing Director</b> , Earl Brown -(707) 218-5935, <a href="mailto:earl.brown@tolowa-nsn.gov">earl.brown@tolowa-nsn.gov</a> <b>Howonquet Head Start Manager</b> , Ronda Ritchie -(707) 218-6357, <a href="mailto:ronda.ritchie@tolowa.com">ronda.ritchie@tolowa.com</a> <b>Human Resources Manager</b> , Terri Camarena -(707) 487-9255, ext. 3111, <a href="mailto:tcamarena@tolowa.com">tcamarena@tolowa.com</a> <b>Information Technology Director</b> , Darryl Yarak -(707) 218-7724, <a href="mailto:dyarak@tolowa.com">dyarak@tolowa.com</a> <b>Natural Resources Director</b> , Brad Cass -(707) 218-7504, <a href="mailto:bcass@tolowa.com">bcass@tolowa.com</a> <b>NAGPRA Coordinator</b> , Buffy McQuillen -(707) 951-3876, <a href="mailto:buffy.mcquillen@tolowa.com">buffy.mcquillen@tolowa.com</a> <b>Project Coordinator</b> , Nita Rolfe -(707) 218-7782, <a href="mailto:nrolfe@tolowa.com">nrolfe@tolowa.com</a> <b>Recording Secretary/Office Supervisor</b> , Jessica Haas -(707) 487-9255, ext. 3221, <a href="mailto:jessica.haas@tolowa.com">jessica.haas@tolowa.com</a> <b>Self Governance Director</b> , Briannon Fraley -(707) 951-4152, <a href="mailto:briannon.fraley@tolowa.com">briannon.fraley@tolowa.com</a> <b>Social Worker</b> , Paulie Hawthorne -(707) 218-6005, <a href="mailto:paulie.boynton@tolowa.com">paulie.boynton@tolowa.com</a> <b>TERO Officer</b> , -(707) <b>THPO Officer</b> , Suntayea Steinruck -(707) 218-7868, <a href="mailto:sunsteinruck@tolowa.com">sunsteinruck@tolowa.com</a> <b>Tribal Administrator</b> , Russ Crabtree -(707) 218-7727, <a href="mailto:russ.crabtree@tolowa-nsn.gov">russ.crabtree@tolowa-nsn.gov</a> <b>Tribal Court Administrator</b> , Nita Green -(707) 487-9255, ext. 3160, <a href="mailto:nita.green@tolowa.com">nita.green@tolowa.com</a>		July 23-26	Dee-ni' Mvsr-xee-ye' Wee-ya' Lhetlh-xat (Dee-ni Youth Language Gathering) Shaa-xu'-xat (Rowdy Creek Park)
		July 24	Housing Committee Meeting - 5:00 pm Nii~-li~ Me'-ne', Lucky 7 Casino
		July 27	Dee-ni' Tribal Reunion - 10 am-4 pm Shaa-xu'-xat (Rowdy Creek Park)
		July 25-28	Curry County Fair, Gold Beach, Oregon
		<div>The Lhetlh-xat-ne (Tribal Council) tablecloths, nameplates and gavel have gone missing from Xaa-wan'-k'wvt Hall Community Center. These items will be costly to replace and their return would be much appreciated. Shu' shaa nin-la.</div> <div>Submitted by Jessica Haas, Recording Secretary</div> 	

Xaa-wan'-k'wvt Nutrition Center Menu - July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni & Cheese	2 Tuna Salad	3 Sack Lunch (CLOSED)	4 HOLIDAY (CLOSED)	5 Frozen Meal (CLOSED)
8 Chili Relleno	9 Beef over Noodles	10 Bean Soup & 1/2 Sandwich	11 Hot Dog w/Bun	12 Breakfast
15 Ravioli	16 Bev's Tamale Pie	17 Chicken Noodle Soup	18 Beans w/Bacon	19 Chef Salad
22 Pasta Salad	23 BBQ Chicken	24 Chili	25 Tuna Sandwich & Tomato Soup	26 Chicken Taco Salad
29 Vegetable Soup	30 Chicken Salad	31 Navy Bean Soup		
Lunch served @ 12:00 pm Reserve Lunch @ 707-487-4463 Menu Subject to Change 101 Indian Court in Smith River		Suggested donations: Elders 55+, \$2 (some are free)   Under 55, \$7		Tai Chi - Every Wednesday, 12:30 pm BP/BS Checks—call CHR @ 487-0215, 464-2919, or 482-2181 RepChem 3rd Wednesday



Avoiding Summer Stress

School’s out and what’s an overwhelmed parent to do with a houseful of bored kids? Below are a few tips to keep your kids busy and keep your sanity intact.

1. **Keep a routine**  
Even though it’s summer, kids need some structure and routine. Something as simple as regular bedtime and wake up times will keep the kids centered and focused. It’s summer so you can stay up late and sleep in a little, but routine keeps a house running smoothly.
2. **Set Boundaries**  
Setting boundaries for yourself and others is a key to stress free living. Don’t take on all the neighbor kids all day, every day or don’t try to cover everyone’s work at the office while they are on vacation. Healthy boundaries are the cornerstone to keeping you and your family healthy.
3. **Pace yourself**  
Don’t try to fit all the fun into a couple of weeks. You have all summer. Don’t overspend on a big vacation you can’t afford. Schedule mini vacations or “staycations”. Let your kids plan a weekend picnic or event. Enjoy the longer daylight hours by BBQ’ing at the park or taking a walk after work. You don’t have to accept every BBQ or party invite you get. It’s ok to say no! Stress caused by good things is still stress.
4. **Take advantage of summer stress relievers**  
Plant a garden, take a walk in the morning, read a book on the deck, or spend time with your children playing outside. Spending fun time with your children is one of the best ways to de-stress. Let the kids plan your time together and just go with it. Summer is a great time to take advantage of the great out-doors. Before you know it autumn will be here and summer will be over.

Submitted by Paulie Hawthorne, Community and Family Services Social Worker



# Social Security Column

## Declare Your Independence with *my Social Security*

Independence Day is a good time to declare your independence from heavy traffic, long lines, and visits to crowded offices by taking important matters into your own hands. When it comes to doing business with Social Security, you can!

Anytime, anywhere Social Security’s website is waiting to let you take care of important matters yourself, independently, without the need to visit or call an office.

All you need to do is visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to set up a *my Social Security* account so you can do business with Social Security the easiest, fastest, and most convenient way.

We’re only halfway through 2013 and, already, more than six million people are registered for a *my Social Security* account. They use it to easily get information and service — without needing to visit an office or make a phone call. That’s a great reason to set off some fireworks!

The things you can do using your account are as varied as the menu at a Fourth of July picnic! For example, you can use *my Social Security* to obtain a copy of your *Social Security Statement* to check your earnings record and see estimates of the retirement, disability, and survivor benefits you and your family may be able to receive.

If you are already receiving benefits, you can join the parade. We recently expanded *my Social Security* for those receiving benefits; now you can use your account to view, save, and print a benefit verification letter, check your benefit payment information, and even change your address and your phone number in our records. You also can start or change your direct deposit information. You can do this all from the comfort of your home. Whether you are currently getting Social Security benefits, or you are planning for that day in the future when you do, you can easily access all your important Social Security information by creating a *my Social Security* account. Just visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Before you go to your Independence Day picnic and fireworks, declare your independence from traffic and lines by saving a trip to the office and going online to [www.socialsecurity.gov](http://www.socialsecurity.gov). And happy Independence Day!

***Submitted by Amanda Donahue  
Social Security District Manager  
in the Crescent City Office***



## Summer Food Service Program

# Food That's In When School Is Out

**Hey Kids and Teens...**  
**Join us for Nutritious Summer Meals**  
**FREE TO ALL ages 0-18**

*Children do not need to be attending Summer School to receive meals*

- WHAT: Free Breakfast and Lunch for ALL Children ages 0-18.**  
(Infants must be able to chew & swallow)
- WHERE: Del Norte High School Cafeteria**  
Breakfast 7:30 – 8:00 a.m. Lunch 11:30 a.m. – 1:00 p.m.  
June 17, 2013 - July 12, 2013 Monday – Friday\*
- Joe Hamilton School Community Site**  
Breakfast 9:30 – 10:00 a.m. Lunch 12:00 – 1:00 p.m.  
June 17, 2013 – July 12, 2013 Monday – Friday\*
- Smith River School Cafeteria**  
Breakfast 7:45 – 8:15 a.m. Lunch 10:30 – 11:00 a.m.  
June 17, 2013 – July 3, 2013 Monday – Thursday

*\*No service July 4, 2013, in observance of Independence Day.*

**ALL FOOD MUST BE CONSUMED ON SITE.**

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, sex, color, national origin, age or disability. Any person who believes he or she has been discriminated against in any USDA-related activity should write immediately to: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW Washington, DC 20250-9410, or call (202) 720-5964.

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# Dee-ni' Mvst-xee-ye' Wee-ya' Lhetlh-xat

## Dee-ni' Youth Language Gathering

**Sticks**

**Storytelling**

**Swimming**

**Gambling**

**Carving**

**Sports**

**Salmon**

**Family Dinner**

**Beading**

The Waa-tr'vslh-'a~ Dept. is holding our annual Dee-ni' Youth Language Gathering at Shaa-xu'-xat (Rowdy Creek Park) July 24-26th for ages 7-13 years old. Children under the age of 7 are welcome when accompanied by an adult. This event will provide a safe and positive overnight camping experience. Participants will be introduced to Dee-ni' language and cultural traditions and have the opportunity to participate in activities that promote healthy lifestyle choices.

**Applications are due by:**  
**July 1, 2013**

**Submit completed apps by:**  
**Fax:**  
**(707) 487-0930**

**Email:**  
**amanda.oconnell@tolowa.com**

**Drop off/Mail:**  
**140 Rowdy Creek Rd.**  
**Smith River, CA 95567**



**SMITH RIVER RANCHERIA**  
140 Rowdy Creek Road  
Smith River, CA 95567  
(707) 487-9255 FAX (707) 487-0930

**CHANGE OF ADDRESS / NAME**

Submitted By: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME: _____	PHONE: _____
-------------	--------------

OLD ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

NEW NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

PHYSICAL ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Other people: \_\_\_\_\_  
\_\_\_\_\_

\*\*\*\*\*

**FOR OFFICE USE ONLY**

(Please forward to appropriate Departments – **return original** to Enrollment Specialist)

	Initial	Date
<input type="checkbox"/> Enrollment:	_____	_____
<input type="checkbox"/> Newsletter:	_____	_____
<input type="checkbox"/> Fiscal:	_____	_____
<input type="checkbox"/> Payroll:	_____	_____
<input type="checkbox"/> CFS:	_____	_____

**ATTENTION TRIBAL MEMBERS**

**We do not have addresses for:**

- Gerald Balcom, Jr
- Adam Boatsman
- Marilyn Bray
- Logan Burshem
- Mitchell Burshem
- Kelsey Davis
- Pamels Davis
- Katie Domas
- Zoey Duncan
- Dustin Evanow
- Marianne Friedley
- Kenneth Harris
- Jeanie James
- Edward Landay IV
- Michael Lear
- Shaelee Lemon
- Monica Livingston
- Derek Martin
- Elsie Petrie
- Maximus Petrie
- Wyatt Petrie
- Jack Petrie
- Amanda Parke
- Chamet Phillippi
- Dawn Popanz
- Paula Rhodes
- Ricardo Rojas
- Tiffany Sanchez
- Julie Seshar-Harris
- Lisa Sopownik
- Phillip Spargur
- Tasheena Stowe
- Vanessa Stowe
- Mark Tvrdik
- Adam Vickers
- Tannis Vickers
- Kimberly Vistalli
- Jalea Walker
- Jesse Wood

**Please call the Enrollment Office to update your address:**  
(707) 487-9255 ext. 3120

**Or send mail to:**  
Smith River Rancheria  
Attn: Enrollment  
140 Rowdy Creek  
Smith River CA, 95567





Smith River Rancheria

# Tolowa Dee-ni' Day 2013

Requesting Bids  
for Salmon and  
Sand bread!

Please submit to  
the Tribal Office by  
August 9, 2013

## Attention Veterans

If you have served or are currently serving in the military, please contact Leann Babcock-McCallum 707-487-9255 ext. 3131 -to update your information.

## Attention Vendors

If you would like to be a vendor for Dee-in' Day please contact Leann Babcock-McCallum at 707-487-9255 ext. 3131 or leann.babcock@tolowa.com

## Attention

We are looking for **volunteers** for Dee-ni' day for September 28, 2013. If you are interested please contact Leann Babcock-McCallum at 707-487-9255 ext. 3131 or leann.babcock@tolowa.com.



# What is Poison Oak?

## WHAT IS POISON OAK?

Poison Oak (*Toxicofrendon diversilobum*) is neither an oak, nor poisonous. The plant can grow almost anywhere along the West Coast, and can be difficult to identify due to its various forms (shrub, vine, or ground cover), and its changeable seasonal appearance. The old adage, “with leaves of three, let it be” can be helpful, as the shiny oak shaped leaves grow in clusters of three. Green in spring, red in fall, and leafless in winter, the plant can transmit its oil, *urishol*, in any season. Indirect contact, through pets, clothes, tools, and furniture, can also spread the oil. Forest fires and camp fires containing branches of poison oak plants can also cause rashes and respiratory reactions. Allergic reactions to poison oak range from mild redness to an extremely itching and oozing rash. Reactions can last for weeks. Any symptoms of wheezing, shortness of breath or severely swollen eyes require immediate medical attention.

## HOW CONTAGIOUS IS IT?

Contact with *urishol* is the only way to spread poison oak. If you have washed yourself and your clothes, tools, and pets thoroughly after exposure, no further spreading of the oil can take place. Many people will notice, however, that the rash involves new areas of skin as the days wear on. This is because skin areas that are less heavily exposed or less sensitive will continue to break out. The fluid from blistering is sterile fluid and does not contain any *urishol*, so it cannot spread the rash. Occasionally re-exposure from contaminated tools or clothes can cause new outbreaks.

## PREVENTION

Avoiding contact with poison oak is the best prevention. Learn about the plant’s appearance and steer clear of it. Stay on the trails in the forest (do not “bushwhack” your way through). Wear long sleeves, long pants, and closed shoes with socks. There are barrier creams that can be applied to the skin before exposure, and special cleaners to wash with (e.g. Tecnu products) after suspected exposure. Prompt removal of oils from the skin is essential. Soap and water can be effective, and alcohol wipes can be carried in a pocket or day pack. Since the oil can be active for 30 days, tools, pets, clothes and furniture must be properly cleaned to prevent further spread of the oil.

## TREATMENT

In the early stages of a reaction, cool, wet compresses and ibuprofen help reduce swelling. Itching can be relieved by oral antihistamines, such as Benadryl (diphenhydramine hydrochloride--generic), which are available without a prescription. Hydrocortisone creams are also available over the counter, though stronger prescription products may be necessary. Do not open blistered skin. If blisters open, try to keep them clean and dry to avoid infection from bacterial contamination. Burow’s solution (available over the counter) can be soothing and helps dry up secretions. With a widespread reaction, a bath with colloidal oatmeal (available in drug stores) can be very soothing. In cases where much of the body is involved, or if facial swelling occurs, doctors often prescribe an oral cortisone. As these medications have the potential for serious complications, they are to be avoided unless necessary. Difficulty in breathing may be treated with systemic cortisone and a medicated inhaler. If you are uncertain as to the severity of you case, we advise a medical consultation.



Poison oak as it appears in summer and fall.



Poison oak as it appears in the spring and early summer.

Source: University of California, Santa Cruz

# You are Invited! Dee-ni’ Tribal Reunion 2013

The Waa-tr’vslh-’a~ Department is happy to announce that we will be hosting our annual Tribal Reunion once again at Shaa-xu’-xat (Rowdy Creek Park). This year it will be on the Saturday directly after the Dee-ni’ Mvsr-xee-ye’ Wee-ya’ Lhetlh-xat (Dee-ni’ Youth Language Gathering). A BBQ meal will be provided by the Rancheria, however we ask that the members bring their favorite dish to share as it will be potluck style.

Contact Tribal Office with any questions.

Dee-dvn-La (When): July 27, 2013

Dvt-La (Where): Shaa-xu’-xat

Ghvt--ti~lh (Time): 10am - 4pm



# Ch'í~s-lu Chay-yii-ne Lheth-xat



Dv-laa-ha~ Tribal members!

We would like to say Shu' nuu-xwa naa-ghu'-lashaa nin-la (Thank you from us to all of you) for all those that came out to the Ch'is~lu (Clean Up) and Ch'ay-yii-ne Lhethl-xat (Elders Gathering Pot Luck) on May 29<sup>th</sup>, 2013.

This year's event was a wonderful success and was only made possible because of you, those that came and dedicated their time to tend to the graves of our loved ones and ancestors. As we honor those that have come and gone before us, we recognize the great significance of the Memorial Day Holiday. We recognize, appreciate and honor all of our tribal citizens that served in the various armed services and continue to serve our Country. We honor their sacrifices and are eternally grateful for our freedom.

When he spoke at a ceremony at Gettysburg in 1863, President Lincoln reminded us that through their deeds, the dead had spoken more eloquently for themselves than any of the living ever could, and that we living could only honor them by rededicating ourselves to the cause for which they so willingly gave a last full measure of devotion.

Mark your calendars for next May 2014, as we plan to continue this meaningful annual event. Again your participation makes it all possible. We would also like to thank our staff, our wonderful maintenance department, culture department and all our volunteers who made this day a great success.

*Submitted by Suntayea Steinruck,  
Tribal Heritage Preservation Officer  
-and-  
Karin Levy,  
Cultural Resource Specialist*





## NAGPRA visit to the Phoebe Hearst Museum at UC Berkeley, Feb. 21-22, 2013

SRR NAGPRA Coordinator, staff and committee members recently traveled as an official tribal government delegation to the University of California, Berkeley's Phoebe A. Hearst Museum of Anthropology (PAHMA) in Berkeley, California to meet with museum representatives, collect accession information and digitally photograph the collection of Tolowa Dee-ni' cultural items. The museum shared original museum files with the delegation which included collector information, correspondence and purchasing information. This information will aid the Tribe in developing a claim for cultural items that meet the definitions in the **Native American Graves Protection and Repatriation Act (NAGPRA)**, which are *human remains, funerary items, sacred objects and objects of cultural patrimony*.

Prior to the visit the museum shared the museum catalog records with the Tribe, which allowed tribal staff to organize a specific list of items that needed to be reviewed, along with certain accession records. These items were the first items that the delegation photographed, followed by other items that were more likely not to fit the NAGPRA statutory definition due to technicalities of law.

Since the visit in February 2013, NAGPRA staff has identified human remains and unassociated funerary objects which were illegally removed from three village sites along the coast. The next step in the repatriation process is to develop a claim for the cultural items. The claim will outline the Tribe's cultural connection to the claimed items; the authority that grants the Tribe the right to repatriate using NAGPRA law and regulation, the appropriate category for the cultural items claimed and address the right of possession. Once the claim is submitted the museum and tribe will begin formal negotiations that will either end with a transfer of the items to the Tribe from the museum or a denial of the claim.



*Submitted by Buffy McQuillen, NAGPRA Coordinator*

### Scholarship Opportunity

If you know anyone looking for scholarships or scholarship information please let them know Indian Country Today has a new searchable website with lots of good resources about Scholarships. For more information about Indian Country Today, you can view their website: <http://indiancountrytodaymedianetwork.com/educationscholarships/>

*Submitted by Leann Babcock McCallum  
Community and Family Services Program Technician*



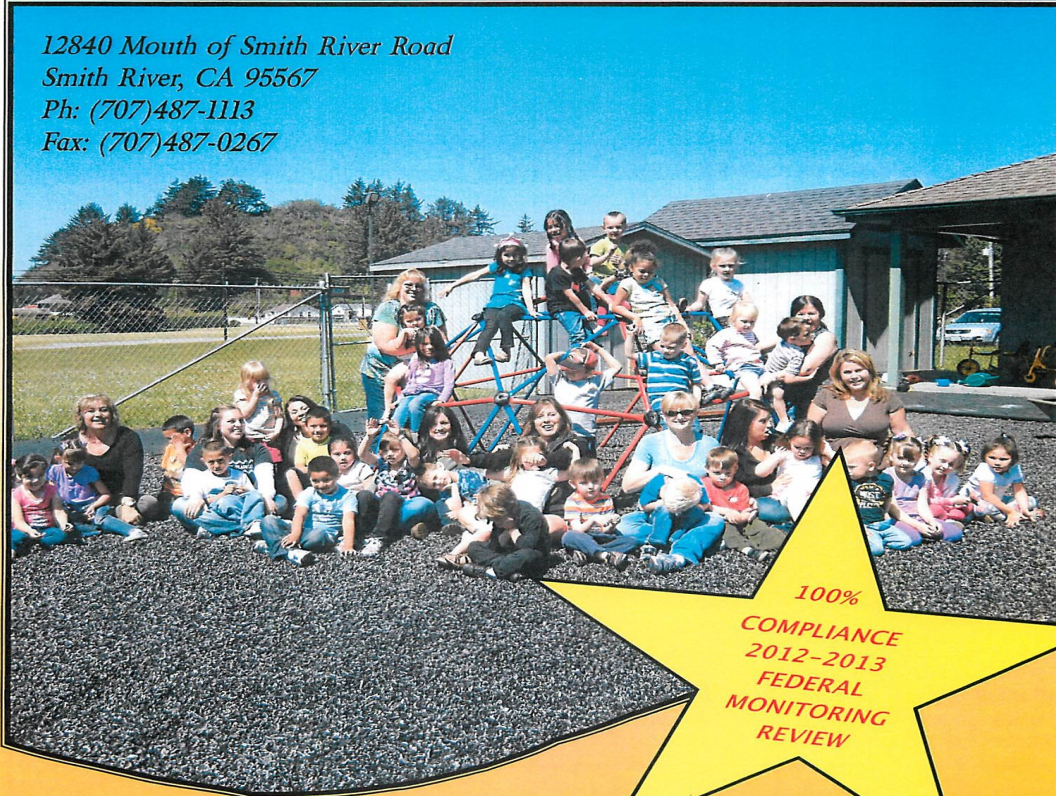
# Howonquet Head Start



## 2012-2013 Annual Report Smith River Rancheria Howonquet Head Start



12840 Mouth of Smith River Road  
Smith River, CA 95567  
Ph: (707)487-1113  
Fax: (707)487-0267



### *Our Mission Statement:*

*To provide a safe, loving, healthy, nurturing, culturally rich environment that stimulates growth in children, families, and community:*

### **Program Philosophy**

*Howonquet Head Start/Early Learning Center rests on the following four basic principles:*

- *A child can benefit most from a comprehensive, interdisciplinary program to foster normal development and remedy problems.*
- *Parents are the primary educators of their children and they must be directly involved in the program.*
- *The well-being of children is inextricably linked to the well-being of the entire family.*
- *Partnerships with other agencies and organizations in the community are essential in meeting family needs.*

***Parent Involvement is the cornerstone of Howonquet Head Start***

### **What is Head Start?**

*Head Start and Early Head Start are comprehensive early childhood development programs serving low-income children from ages birth to five and their families. Head Start and Early Head Start are federally funded programs that are operated by local entities. Children who attend Head Start participate in school-readiness curriculum that includes literacy, language, science, mathematics, and social-emotional development. They also receive medical and dental services, have healthy meals and snacks, and enjoy playing safely indoors and outdoors.*

*In addition to the educational services, family involvement is at the core of our success. Head Start families can take part in the classroom as a volunteer, help with classroom projects, and even help develop curriculum. Elected family members take part in our Policy Council, a board that partners with staff members in decision-making responsibilities for the program. Families can participate in trainings in areas such as parenting, job training, health and nutrition, as well as learn about other resources in our community.*



**Save The Date**

**G.O.N.A.**  
Gathering of Native Americans

**4 - Day Youth & Community Event**

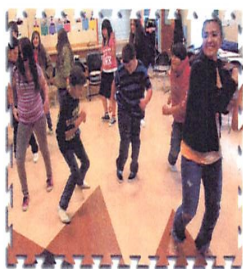
**July 29 - Aug 2, 2013**

**Held at  
Humboldt State University**



The G.O.N.A. event is focused on increasing the strengths of our Native youth and community, through healing the past and building the future.

- ▶ For Native youth ages 12-17
- ▶ Games
- ▶ Night activities
- ▶ For Community Members
- ▶ Prizes
- ▶ Meet others



**Presented by:**  
United Indian Health Services  
Ko'l ho koom' mo  
(working together)  
In collaboration with  
Yurok Tribe Circles of Care



**To register contact:**  
Angela Barnoskie, UIHS  
(707) 825-4094  
frances.barnoskie@crihb.org



**Shaun Lindsay**  
Native American Higher Education Liaison  
Vista College - Online campus  
slindsay@vistacollege.edu  
Office: (877) 481-5085 EXT: 5428  
Cell: (801) 682-7468  
Fax: (801) 206-3974

16 May 2013

Smith River Rancheria  
250 North Indian Road  
Smith River, CA 95567

**ATTN: EDUCATION DEPARTMENT**

Re: All-Inclusive Hope Scholarship Opportunity

Dear Tribal Education Leader:

Vista College started offering the Hope Scholarship to support local tribes who promote access to affordable higher education and training. The Hope Scholarship provides additional financial support to students who are receiving tribal funding to assist with educational costs not supported by other sources of funding.

This scholarship provides assistance to the all-inclusive tuition; therefore, students will receive the following:

- Books
- Laptop upon successfully completing the first course
- Lifetime career assistance
- One-on-one individualized support

Thank you for taking a few moments to review this new scholarship information.

I am very excited to share this new scholarship with you and your students. Please feel free to contact me regarding the Hope Scholarship so we can schedule a time to discuss this in more detail.

Kindest Regards,

Shaun Lindsay  
Native American Higher Education Liaison

85 EAST 1450 SOUTH, SUITE 300 CLEARFIELD, UT 84015 TELEPHONE: (801) 774-9900 FAX: (801) 206-3974 TOLL FREE: 1-877-481-5085 WWW.VISTACOLLEGE.EDU

**For more information contact Leann BabcockMcCallum  
707-487-9255 ext. 3131**



# Composting

## How do I make compost?

- 1 Add your brown and green materials (generally three parts browns to one part greens), making sure larger pieces are chopped or shredded. The ideal compost pile contains browns and greens (of varying sizes) placed in alternate layers of different-size particles.
- 2 Mix grass clippings and green waste into the pile and bury fruit and vegetable waste under 10 inches of compost material.
- 3 As materials breakdown, the pile will get warm and on cold days you may even see some steam.
- 4 Every time you add to the pile, turnover and fluff it with a pitchfork to provide aeration, unless your bin has a turner.
- 5 When material at the bottom is dark and rich in color, with no remnants of your food or yard waste, your compost is ready to use. There may be a few chunks of woody material left; these can be screened out and put back into a new pile. The resulting compost can be applied to lawns and gardens to help condition the soil and replenish nutrients. Compost should not be used as potting soil for houseplants because it may still contain vegetable and grass seeds.



## Troubleshooting Your Pile

Problem:	Cause	Solution:
Rotten egg smell	Insufficient air or too much moisture	Turn pile and incorporate coarse browns (sawdust, leaves)
Ammonia smell	Too much nitrogen	Incorporate coarse browns (sawdust, leaves)
Pile does not heat up or decomposes slowly	Pile too small	Add more organic matter
	Insufficient moisture	Turn pile and add water
	Lack of nitrogen	Incorporate food waste, grass clippings, or manure (chicken, rabbit, cow, horse)
	Not enough air	Turn pile
	Cold weather	Increase pile size or insulate with straw or a tarp

## How do I get started?

### What to add

#### Greens:

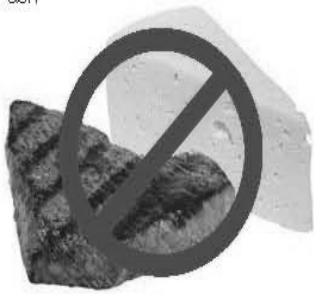
- Uncooked or cooked fruits and vegetables
- Bread and grains
- Coffee grounds and filters
- Grass clippings
- Paper tea bags with the staple removed, if there is one.
- Hair and fur
- Chicken, rabbit, cow, horse manure

#### Browns:

- Cotton or wool rags
- Dryer and vacuum cleaner lint
- Eggshells
- Nut shells
- Fireplace ashes (from wood burning)
- Sawdust
- Hay and straw
- Yard trimmings (e.g., leaves, branches, twigs)
- Houseplants
- Used potting soil
- Wood chips
- Leaves
- Shredded newspaper
- Cardboard rolls
- Clean paper

### What not to add

- Aluminum, tin or other metal
- Glass
- Dairy products (e.g., butter, milk, sour cream, yogurt) & eggs
- Fats, grease, lard, or oils
- Greasy or oily foods
- Meat or seafood scraps
- Pet wastes (e.g., dog or cat feces, soiled cat litter)
- Soiled diapers
- Plastic
- Stickers from fruits or vegetables (to prevent litter)
- Black walnut tree leaves or twigs
- Yard trimmings treated with chemical pesticides
- Roots of perennial weeds
- Coal or charcoal ash
- Firestarter logs
- Treated or painted wood



# 2013 General Election Statistics

## ELECTION STATISTICS MAILING 2013

Mailing of General Election Information April 2013 with address.

Smith River	130	Brookings	64
Crescent City	110	Harbor	19
Fort Dick	5	Other Oregon	124
Gasquet	5	<b>Total</b>	<b>207</b>
Klamath	4		
Other California	129		
<b>Total</b>	<b>383</b>		

### Other States:

Alaska	2	Oklahoma	2
Arizona	10	Pennsylvania	1
Arkansas	1	South Dakota	1
Colorado	1	Tennessee	2
Florida	1	Texas	2
Hawaii	3	Virginia	3
Idaho	2	Washington	32
Kentucky	1	Washington, DC	1
Maryland	2	<b>Total</b>	<b>77</b>
Massachusetts	1		
Montana	5	<b>Grand Total = 667</b>	
Nebraska	1		
Nevada	2		
North Dakota	1		
No Mailing Address	19		

Notice was mailed out December 30, 2012 to 314 eligible voters not registered, with an address and turning 18 by Voter Registration deadline April 29, 2013

New Registered Voters	22
Registered Voters on Saturday	2

Eligible Voters (18 yrs. by registration dead line April 29, 2013)

Total Eligible Voters	989
Total Registered Voters	686
Not Registered	303

\*\*\*\*\*

**Request for Absentee Ballot 226**

**Official Ballots Returned 195**

**Members Voted on Saturday 91**

**Total Vote 286**

Registered but didn't voted 400

Labels made for mailing Official Absentee Ballots with address 673

Hand Delivered	45
Mailed	153
Requests Never Returned	28

Need Signature and date	1
Saturday checked Election P.O. Box	0
Monday-Friday:	
Ballots returned in P.O. Box	3

# Job Opening

Smith River Rancheria is hiring for a Tribal Gaming Compliance Officer. This position is responsible for ensuring and monitoring compliance with Smith River Rancheria Internal Controls for the gaming facility. For an application and copy of the job description, please go to [www.tolowa-nsn.gov](http://www.tolowa-nsn.gov) or call 707-487-9255x3215.

Submitted by Terri Camarena,  
Smith River Rancheria Human Resources Manager



# Senior Nutrition Elders and Volunteers Luncheon



Photos by Debbie Boardman



# Car Seat and Installation Safety

I recently attended the National Child Passenger Safety Certification Course conducted by California Rural Indian Health Board on June 4<sup>th</sup> to June 7<sup>th</sup> at Elk Valley Rancheria. As I completed this 4 day course I was amazed and shocked at the knowledge required to properly and safely secure children in motor vehicles. I was also stunned at the amount of parents/caregivers that **do not** install car seats correctly or **do not** have children in the most suitable car seats for their children's age, weight and height. As a parent myself, I strongly recommend and encourage parents and caregivers to visit [www.safekids.org/safetytips/field\\_risks/car-seat](http://www.safekids.org/safetytips/field_risks/car-seat) and learn more about car seat safety/installation and where to find the next car seat inspection in your area at [www.safekids.org/events](http://www.safekids.org/events). The following are a few quick tips and facts about car seat safety and installation.

## Car Seats

Engineers are working hard to ensure that cars and car seats are designed to keep kids as safe as possible. But it's up to every parent to take full advantage of these innovations by making sure car seats and booster seats are used and installed correctly. Here's what you need to know to ensure that you're most precious cargo is safe in cars.

## Hard Facts

Road injuries are the leading cause of preventable deaths and injuries to children in the United States. Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

## Top Tips

- Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat. Please see the quick car seat checklist below to help you out. It takes only 15 minutes.
- Learn how to install your car seat for free. Safe Kids hosts car seat inspection events across the country where certified technicians can help make sure your car seat is properly installed. They will teach you so that you can always be sure your car seat is used correctly. Find a Safe Kids car seat checkup event near you.
- Buy a used car seat only if you know its full crash history. That means you must buy it from someone you know, not from a thrift store or over the Internet. Once a car seat has been in a crash, it needs to be replaced.
- We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- Never leave your child alone in a car, not even for a minute. While it may be tempting to dash out for a quick errand, the temperature inside your car can rise 20 degrees and cause heatstroke in the time it takes for you to run in and out of the store.

*Submitted by Andromeda Lopez  
Community and Family Services Administrative Assistant*

## Car Seat Checkup

Top 5 Things to Do



☐ **Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



☐ **Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



☐ **Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.



☐ **Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



☐ **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

Please read the vehicle and car seat instruction manuals to help you with this checklist. If you are having even the slightest trouble, questions or concerns, don't worry about a thing. Certified child passenger safety technicians are waiting to help or even double check your work.

Visit [safekids.org](http://safekids.org) to find a car seat inspection event in your community.



Maa~xuslh-ghalh (Birthdays)

Srch'ee-t'e Num-nii~ma~s (July)

Ronald Adams, Jr.	Riley Allen	Hubert Allen V
Cole Arlandson	William Aubrey	Leann Babcock-McCallum
Louis Baca	Bradley Baines	Koadah Barr
Shawna Bartow	Benjamin Batini	Bobby Bergman
Aiden Betts	Huné Bommelyn	Loren Bommelyn
Madison Bommelyn	William Bommely III	John Bravo III
Raelene Bravo	Tracy Brown	Dustin Bruschi
Shawn Campbell, Jr.	Kendra Campbell	Kala Chapel-Sanders
Gloria Costa	William Costa	Courtney Criteser
Sami Criteser	Taylor Cubberly	Darci Dalton
Kayden Darlington	Morgan Dobrec	Peter Dobrec
Rose Dotterer	Zachariah Dungan	Raven Eldridge
Cameron Fahl	Rita Farol	Michael Folkins
Jonah Fouts	Lorie Franck	Heather Friedrich
Jess Gardner	Lorena Gardner	Kelsey Geedey
Grant Giovannetti	John Giovannetti	Samuel Goodlin
Travis Goodlin	Andres Gutierrez	Kevin Harmon
Wyatt Hegnes	David L. Hodges	Isaac Hodges
Jacob Hodges	Brittany Hostler	Clay Hostler
Conrad Husted	David Idica	Jeanie James
Donlee Jarvis	Welantuk Jones	Johnathan Kahoalii
Kalei Kahoalii	Meredith Keeter	Jennifer Kelly
Trina Kennedy	Blake Lopez	Matthew Lopez
Paula Lopez	Robin Lopez	Rudy Lopez
Linus Martin-Lopez	Victor Meza-Lopez	Tyler Mitchell
Miley Moreno	Elysha Murdock	Shawna Noon
James Norbury	Alexis Owen	Arvid Payne
Cidney Payne	Janece Payne	Alyssa Piazza
Isiah Piazza	Max Pittman	Rachel Rasmussen
Annette Reed	Emily Reed	Billy Reynolds, Jr.
Allison Richards	Mark Richards	Melanie Richards
Ruby Richards	Shana Richards	Ronald Richmond
Peyton Sambrana	Elizabeth Sarina	Lilian Schlosser
Taheyshea Scott	Lisa Sells	Shaya Sells
Alexander Sesher	Zachary Sesher	Cecil Sherman Jr.
Alisha Slavsky	Laurence Smith	Cody Snipes
Kail Swafford	Katrina Thompson-Upton	Florene Travis
Allie Tribur	Michele Vagle	Ethyn Vickers
Janet Watson	Dawson Weber	Michael Wilber
Donald Wilson, Jr.	Tashina Wolfe-Easley	Jesse Wood
Chanda Woodman	Brenden Woolfolk	Jorden Zappe

Sharing the Burden

It is an old truism that if you want something done, give it to someone who is already busy. Yet how much better it is to share the burden. When you ask someone to help, you give them the chance to feel good about themselves and perhaps to learn something new. They may also have ideas that will improve the task outcome. It may be tempting to "do it all yourself," because that way you know it will get done. That path leads to exhaustion for you, and provides no opportunity for growth for those around you, whether they be children, friends, or coworkers. Don't just dump it on someone else – consider who you are asking, and what skills they may have or supervision they may need. By sharing the burden, you show respect for those around you and respect for yourself. Shvm.

Submitted by Judith Burke,  
Community and Family Services  
Advocate/Social Worker





# Ch'ee-nvk-t'i (Announcements)



Tribal Member Adam Holz graduated from Brookings-Harbor High School on Saturday, June 8, 2013. He has worked for the tribe through the Summer Youth Employment Program and hopes to work for the Smith River Rancheria while attending college. Adam is grateful for and enjoys all of the opportunities his tribe offers!



*Bob, Mom and Grandma Bomb are all proud of you!*



*Congratulations Kaiya Richards*



*Edison High School  
Class of 2013*

*Submitted by Floyd Richards*

*Thank you very much for the recent fundraiser for Thelma's headstone. Especially want to thank Tracie, Val & Jim, Auntie Florene, Cherry Villazana, Kathy, Lenora, Lawrence and all of those who purchased tickets and Indian Jacos.*

*Thanks again!  
Sunnae*



## Congratulations

Alicia Lopez graduated 8th grade from Crescent Elk Middle School on June 13, 2013. Alicia is an AVID Graduate, and also received an award for outstanding citizenship.

We are very proud of her accomplishment and wish her well as she moves on to Del Norte High School.

*Submitted by Heather Lopez*



Amber and Darcie Boardman completed high school courses in January, and walked with their class June 8, 2013.

## Brookings-Harbor High Class of 2013

Congratulations to you both, we are proud of you!!!





Smith River Rancheria  
140 Rowdy Creek Rd  
Smith River, CA 95567

Presorted  
First Class  
U.S. Postage Paid  
Smith River, CA  
Permit NO. 4

# It's Fair Time!

The Smith River Rancheria will be giving away Carnival Ride Wristbands to Tribal Members ages **3-18**. The wristbands will be on a first-come first-serve basis and youth or their parent/guardian must sign for the wristband.

**Curry County Fair wristbands will be given out beginning  
Monday, July 22, 2013 at 8:00 am.**

**Del Norte County Fair wristbands will be given out beginning  
Monday, July 29, 2013 at 8:00 am.**

If you have any questions you can call the Front Desk at the Smith River Rancheria Tribal Office at (707) 487-9255.

